



News Release

For Immediate Release

September 24, 2007

Contact:

Rebecca L. Ward

Office: 801-538-6682

Cell: 801-647-5421

2007-2008 Influenza Vaccine Available

Salt Lake City, UT – According to Centers for Disease Control and Prevention, (CDC), there will be plenty of influenza vaccine supplies for the 2007-2008 season. The Utah Department of Health (UDOH) and the Utah Adult Immunization Coalition (UAIC) encourage everyone to be vaccinated to prevent the flu.

“In previous years, influenza vaccine supplies have been inadequate or have arrived later than anticipated during the season. The good news is that influenza vaccine is arriving early this year and there are no priority groups,” says Linda Abel, Utah Immunization Program Manager.

Public health officials encourage all persons, including school-aged children, who want to reduce the risk of becoming ill with influenza or of transmitting influenza to others to get vaccinated. And, as a reminder, September 23-29, 2007 is National Adult Immunization Awareness Week. Make sure you have the vaccines you need to stay healthy.

Vaccination should continue throughout the influenza season, from October until March. “Typically, influenza vaccination falls off after Thanksgiving. But the virus doesn’t tend to peak until January or February. Vaccination after Thanksgiving still provides protection for those peak periods,” adds Abel.

While all individuals may receive the vaccine, the UDOH, in accordance CDC guidelines, encourages certain groups at greater risk for serious illness to get vaccinated as soon as vaccine is available. These groups include the elderly, young children, pregnant women, healthcare workers, immunocompromised individuals, residents in long-term health care facilities, household contacts to high-risk individuals and those with kidney, lung or heart disease.

The CDC recently emphasized the importance of vaccinating children six months through eight years of age. Children in this age group need two doses of vaccine, if they have not been previously vaccinated. Revised recommendations call for children in this age group

-MORE-

Page 2 of 2 – 2007-2008 Influenza Vaccine Available

who received only one dose in their first year to receive two doses of influenza vaccine the following year.

Various influenza vaccine options are available, such as the injectible vaccine (flu shot) or the nasal spray (FluMist). FluMist is recommended for healthy, non-pregnant individuals five to 49 years of age. Individuals seeking influenza vaccination should check with their health care provider to determine which vaccine is best for them.

In addition to getting the flu vaccine, the UDOH recommends these simple measures to reduce the risk of getting sick:

- Cover your mouth and nose with a disposable tissue when you cough or sneeze and throw the tissue away
- Cough into your elbow
- Wash your hands often with soap and water for at least 20 seconds multiple times daily
- Stay away from other people when you are sick

UDOH also recommends that individuals 65 years of age and older or those who have long-lasting medical problems receive the pneumonia vaccine. Pneumonia is a life-threatening complication resulting from influenza. Pneumonia vaccine, which is readily available, can be given year round and is usually given just once in a lifetime.

For more information, contact your healthcare provider, a public health clinic or the Immunization Hotline at 1-800-275-0659. To find a flu clinic near you, visit the UDOH Flu Vaccine Locator at www.immunize-utah.org.

#

The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.